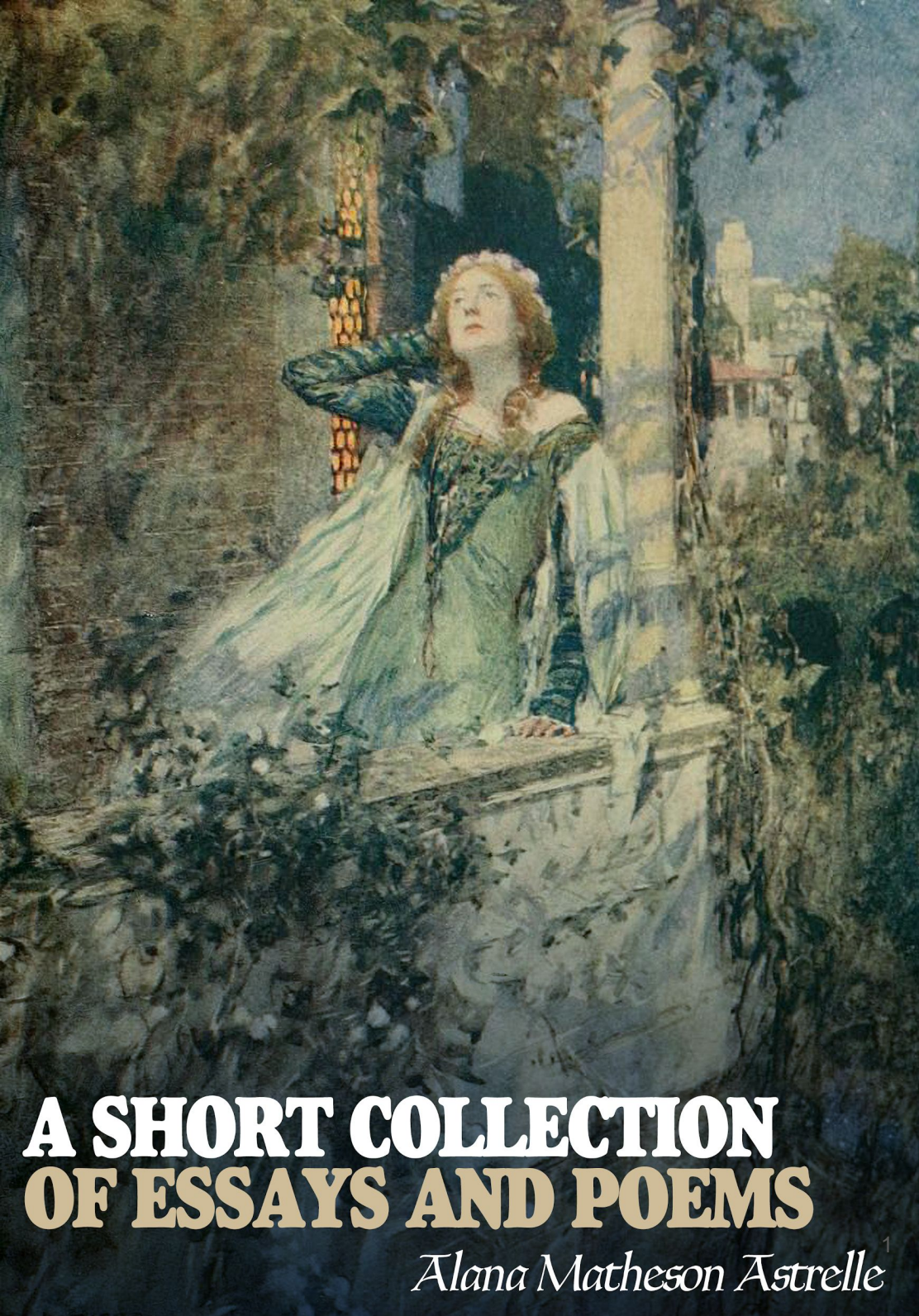


A SHORT COLLECTION OF ESSAYS AND POEMS

Alana Matheson Astrelle

A SHORT COLLECTION OF ESSAYS AND POEMS

BY ALANA M. ASTRELLE

FOREWORD

by Vitaliy Yuriëvich Shtapura
August 17 2026

Dearest friends,

Thank you for picking up this lovely and fiery *Collection*. It is my pleasure to present these poetry and letters which will grow to become so dear to humanity.

I believe these writings flow from Alana's soul like water. She is a philosopher and genius, who sees abstract mathematics as her means of decoding the COSMIC INFINITE. Her memory is impeccable, and she remembers just about every word she has ever heard. Her silence is deep listening: at any given moment, she hears at least 50 thoughts, all making sense of the raucous world around her. Each time she reaches into her expansive mind to transcribe her powerful thoughts, an electric wave of might arises; each sentence has the potential to destroy all we know and create a new world that is fair, just, & peaceful.

Her philosophies, though controversial, are deserving of utmost scholarly attention. I hope they will receive yours. The gorgeous truth that Alana envisions always comes to pass sooner or later. *And so,* I hope you enjoy her words as much as I do — and heed them!

Thanks and let me know what you think:

a Short

COLLECTION

of

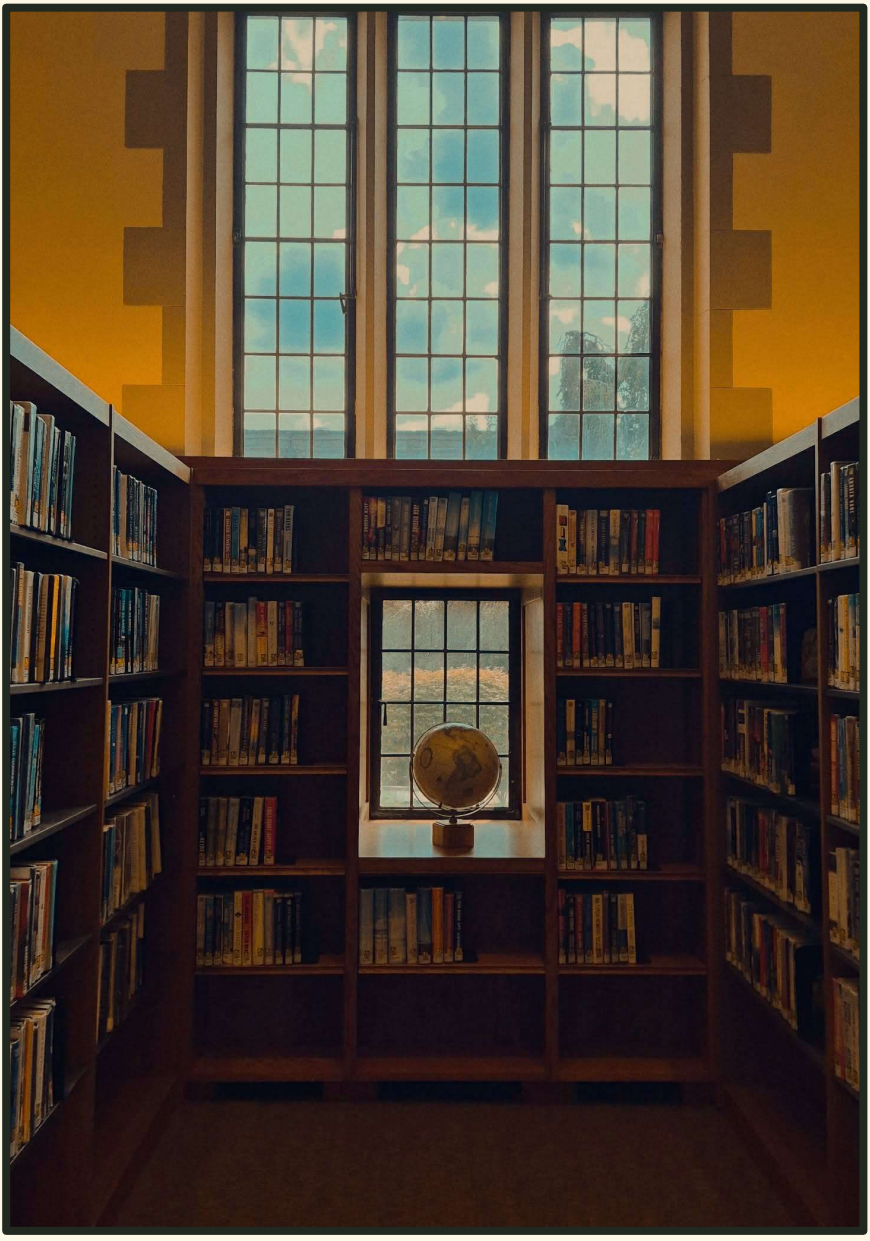
ESSAYS and POEMS

BY ALANA M. ASTRELLE

NEW YORK CITY

SHTAPURA PRODUCTIONS

2026



July 27, 2026
The Morristown & Morris Township Library
New Jersey

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My Darling Prism

August 12, 2026

my darling prism,
you shine on the world so brightly in different colours,
so exquisitely the world gets intimidated by it,
and they try to dilute it, contain it, storage it,
but that's only because they've never seen a rainbow before

my darling prism,
you love the light so dearly that all you do is refract it,
so generously, you let it surround you,
but when is it your turn to see what you are without it?

my darling prism,
the colours that you provide to us are deeply felt
and deeply cherished,
and deeply admired and also inspires—
kids who make art, adults who remember to play,
they all draw from you,
but i hope one day that you see,
the world without you is one that can never be visible

The Toxicity of Self Sacrifice

June 8, 2026

Thinking you deserve less is the most selfish act that one can do.

Today, I asked my fiancé, “Will I have to do the house chores alone?” He said, “No, you won't have to do anything alone.” He might’ve thought that it was a light statement for him to say, but it was not a light statement for me to receive. With that, this led me to think about the root issue of the environment I, and many people, were raised in: a lack of self-respect.

We often assume that what we perceive as “sacrifice” is selfless, but in decisions, especially those involving our own freedom and lifelong decisions, it is the most selfish act one can make.

The Toxicity of Self-Sacrifice

June 8, 2026

Why? the guise of sacrifice often involve projection:

- “This would be best for them.”
- “I do not deserve this.” *(This statement often assumes projection on ourselves.)*
- “I am not enough for them/this.”
- “They deserve better.”
- “They wouldn't want me.”

But did you ask them? Or did you ask yourself why? Oftentimes, we don't then immediately make a decision based on a baseless assumption.

Instead of assuming a guise of a sacrificial role, we should ask ourselves instead, “What would be the best for us?” and remind ourselves that self-denigration not only hurts us, but also often hurts our loved ones more.

Beauty: The Declared Invasive Species

May 26, 2026

In the modern age, beauty is scarce. Beauty is endangered. Beauty is hunted and killed on the spot.

The modern world has gained an affinity for minimalism. It is almost painted as a “birthright” for every single human born into the modern world to be taught that beauty is an invasive species. Many phrases are said upon debating the right of beauty to exist:

- “Don't get flowers because they die; I'd rather have something useful.”
- “Don't put on makeup, it's not useful.”
- “Don't buy that, it's not useful.”

almost as if the word "useful" has become a plague to this species called "beauty".

But how did this happen, and why did we reject this in the first place? There is merely one answer that circles back to one thing: the use of militaristic systems enforced in all of man. The modern system wants to obsess over uniformity: same clothes every day, same kinds of wages, even one narrow trajectory of our lives is dictated to us.

Beauty: The Declared Invasive Species

May 26, 2026

Almost as if humankind is a big military, where deviance is immediately and brutally punished. The more minimalism exists, the more that our commanding corporations can repeatedly profit off our lack of militaristic obedience. They can continue selling the same products, degrade them in quality, and still profit off them because they condition us that obedience is an absolute necessity to our lives. That everything else is irrelevant, and we have been repeatedly conditioned into not asking even the most important question: why?

- Why is the world so bleak?
- Why do we settle for less?
- Why do we choose grey over hot pink?
- Why do we do this to ourselves?

Because when we ask "why", their profit goes down. Their benefit goes down. Their total control goes down. Then we realize we are unwillingly subjected into a fascism that hides in plain sight. That is why art is humanity's divinely given gift to know and recognize the most important species in the universe: beauty.

Untitled

June 11, 2026

and outside hall south,
i lay on the pavement
and let the stars hold me
nature hold me, air hold me
air hold me like he did
because i want to merge with the sea
and the barks of the trees
and the weightlessness of the sky

i let the cement hug my waist
and the leaves bear witness
and the grass consume me
just like he did
because he is the molecules of the air that i breathe

Untitled 2

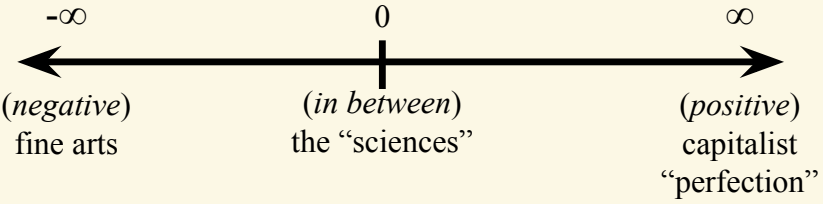
August 6, 2026

once more, the wind bare witness to my melancholy,
and these walls bare witness to my dread,
but the people above bare witness to my future,
and the people that love me bear witness to my soul,
and i am sure that this time,
not only do his arms await me,
but also the arms of my brothers and my sisters that watch me

Thoughts on Capitalist Structures

May 25, 2026

I have come to a realization on how the system works. it's like a number line; a ridiculous one, at that.

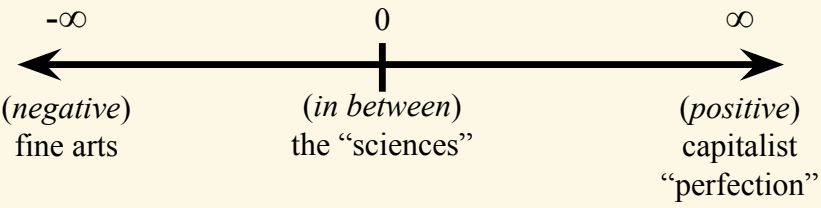


In an ideal, perfect capitalist society, one would want to achieve a society with obedience in totality. Eventually, the most ideal capitalist society is one "free" of human imperfection.
But what even defines liberation? Certainly not this.

Regarding the graph, I told my partner, "The arts create, science discovers, capitalist systems imprison," and it made me think of the many ways to express it, and so I've come up with that graph. It is the symbolic structure of capitalist profit.

Thoughts on Capitalist Structures

May 25, 2026



The arts is a "negative" because capitalist systems don't want to find creativity. Why? Capitalist systems don't want to find creativity. Why? Because art threatens their structure and "desensitizes" (quotation marks because that is how they use the term) the public to the desire for imperfection. It allows them to think that their imperfection is productive. It allows them to think critically of capitalist societies. It invokes questions, such as the repeated questions of "why?":

- ★ Why am I doing this when I could be doing something better?
- ★ Why am I doing this if I hate it?
- ★ Why am I doing this if this doesn't benefit me and society in a more compelling way?
- ★ Why do people think we need to do this?

Thoughts on Capitalist Structures

May 25, 2026

…and so on. The never ending questioning of “why”.

Then when the “why” turns into “how”, that's when everything becomes dangerous, because it triggers for one person to evoke the same thoughts on a mass scale:

- ★ How do we get rid of this?
- ★ How do we improve our society?
- ★ How do we make people realize this is hurting us as a species?

…and so on. Thus, that is why artists have unstable income, because paying for art is also revolutionary. Why? because the individual person paying hundreds to thousands of dollars for art know how deeply valuable and scarce art is. Therefore, commissions become an opportunity for a sacred pact, whereas "science" and "philosophy" (in quotation marks because capitalist science & philosophy is not true science & philosophy) is profitable because capitalism has used those as propagandized labels. In his 1908 Letter to Taraknath Das, Lev Tolstoy argues that “science” (the label) made violence “justifiable”. Why? Because that is not true science, it is merely a cover-up.

Thoughts on Capitalist Structures

May 25, 2026

> *Pseudo-science now gives a different reply to that given by religion - which declared that the right to decide was valid because it was pronounced by persons possessed of divine power. "Science" says that these decisions represent the will of the people, which under a constitutional form of government is supposed to find expression in all the decisions and actions of those who are at the helm at the moment.*
>
> Lev Tolstoy
> A Letter to a Hindu, 1908

True science is interconnected; true science benefits the world the same value the arts does.

However, it is commodified (the words “science” and “philosophy”) and used as simply tupperware labels (misleading ones) to contain a capitalist and patriarchal ideology in order for people to think it is “prestigious” thinking rather than propagandized and militarized ideology. People like to say they are “desensitized” or “immune” to propaganda, but they are not when the highest, deeply ingrained propaganda: the usage of the words “science” and “philosophy”.

On The Way To See Liberty

August 6, 2026

the bus looks different from this point of view,
it reaches heights i was not capable of reaching,
and lows that i was not able to see,
but it always go straight into a familiar road,
a road i know that always goes home

The Thrill of Unpredictability in Small Doses of Human Life

May 26, 2026

In everyday life, it is feared because humans can’t live without structure. Questions such as:

- “What are you doing today?”
- “What are you doing tomorrow?”
- “Do you have plans soon?”

are always used to start a conversation because it invokes a need to answer. The answer you always get would be something along the lines of, "I don't know,” followed by a particular action, because there just has to be an answer to avoid unpredictability. Humans can’t be quenched and need the rigid structure of lists and tasks and a need to feel an accomplishment from doing something. There is no such thing as an “infinite amount of things to do” for man, even bucket lists are accounted for.

But life is an 8 ball pool: no matter how much you study it, intellectualize it, and try to make sense of it, you never know when someone is going to accidentally hit the 8 ball. Lack of unpredictability gives structure, gives time, and undoubtedly gives a sense of purpose but it can also encage and enslave.

The Thrill of Unpredictability in Small Doses of Human Life

May 26, 2026

All things revolutionary arguably come from all things unpredictable. Because unpredictability is uncontrollability. Uncontrollability is autonomy, and autonomy is frightening. Autonomy leads to accountability and accountability can landslide to shame, embarrassment, doubt, and guilt, but it can also lead to pride, joy, dignity, and a sense of exhilaration.

…and humans want to deviate from the norm! We yearn to think. We do it in small manners using allegorical media as our template. We even advertise these ideas by buying shirts, wearing pins, and holding onto them for dear life. But what is stopping us from defining our thinking outright? Fear? Fear of what, exactly? Fear of the fact that we won't know what happens after? What are we here for if not to make the 8 ball fly out the pool?

On Names

May 30, 2026

Is being nameless really a threat? Or is it liberation? First, I would like to define the word “name”: a name is a word that one identifies you as in order to call you, categorize you, and define you. But do our names really define us or constrain us instead?

In the natural order of the universe, nothing is named. The moon wasn't first named as the “moon” as it was simply, way back in time, a mystery to us. A guide, almost, but I digress and will get back to the topic at hand.

Animals identify each other using different sounds recognizable to them using associations. Humans do the same: assign each other a specific set of phonetics in order to identify ourselves. But, alas, like all things pure, it is commodified once more by the capitalist system. The assignment of names has almost always been a brand. It is defined as the embodiment of a specific person rather than only a label on the box. Thus further into this thought, we can only begin to ask ourselves one thing: have we built ourselves another cage that we cannot climb ourselves out of?

On Names

May 30, 2026

And if we go down that road, we find that our names are everywhere: it is used for putting ourselves into cohorts that don't match us, it is used to define our personality and gender, it is used as a barcode for our soul. But souls can't be capitalized. It can't be boxed into simple barcodes. So why are we obsessed with boxing a soul into shallow, limiting phonetics?

“How would you describe the city’s relationship to water?” *June 23, 2026*

A response to a question posed by the University of New Orleans’s Earl. K. Long Library.

water holds memory and knowledge that many people are not aware of.

upset it and it retaliates;
do good and it continues to bless you.

don’t underestimate the power of
water.

— Alana A.

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